



# Enchanted Thymes

DECEMBER 2010

VOLUME 4, NUMBER 12

## Events Calendar

**COMPASS™ Scans and Detox/Energy Foot Spa Sessions available in Loving and Carlsbad.** Call (575) 745-1673 to schedule your appointment.

Healthy Habits Herbal Hour, **Saturday, December 11<sup>th</sup> @ 9:00 a.m.** at **Enchanted Herb Pantry, LLC.**

**FEEL BETTER Than You Thought Possible** - Schedule your COMPASS™ Scan today!

***Merry Christmas!!!***

## ***Gain Health by Losing Weight***

### A Holistic Approach to Weight Loss

It is no secret that America has problem with obesity. We are one of the most overfed, but undernourished countries on the planet and our waist-lines show it! Every where you turn you see programs advertising programs to get you to lose weight quickly. However, statistics show that most people, who go on drastic diets to lose weight, wind up gaining it back again. The fact is that permanent weight loss requires lifestyle changes. WE do not need to diet, we need to change our diet, because it is not just how much we are eating that counts, it is also what we are eating that counts.

Nutritionally, the biggest factor in America's weight problem is that excess of refined carbohydrates in our diets. The high-carbohydrate diet of most American triggers excessive insulin production, which cause the body to store fat and crave more sugar and starches. If we alter our diet and chose the right supplements, we can reset our metabolism to state burning fat, instead of storing it. However, there is more to it than that, Stress, low thyroid, chronic inflammation, emotional wounds and other factors also play a role in our weight problems. If we do not address these underlying issues, we won't be able to sustain permanent weight loss.

Discover how to gain by losing weight by attending this month's LIVE Healthy Habits class on **Saturday, December 11<sup>th</sup> at 9:00 a.m.** Cost: **Special \$10/person.** Bring a friend – Receive a FREE gift. Class includes: one-hour class with handouts. To register call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com), seating is limited.

## **EHP Monthly Specials**

**EHP Happiness Spritzer ~ Only \$9.99**

**Save 10% on Ultra Slim U ~ Only \$35.99**

**Weight Management mini-Compass Scan ~ Only \$20.00**

\*Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated.

All prices subject to change without notice.

Shipping charges may apply.\*

### ***Tired of Feeling Tired?***

*Re-energize your body with an Energy Foot Spa session.*

*Appointments are available Monday through Saturday at Enchanted Herb Pantry in Loving and Carlsbad. Call (575) 745-1673 to schedule your Energy Foot Spa session. Refer a friend, receive \$5 off.*

*Important Notice: This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.*

### **Product Tips**

#### ***Thai-Go Toast***

Thai-Go is the perfect beverage to toast this holiday season. This delicious, nutritional beverage is replete with healthful xanthenes, bioflavonoids and powerful antioxidants. For those who wish to add a little zip to your Thai-Go roast this season, try this simple "bubbly" recipe:

- 1 part Thai-Go
- 1 part Club Soda

**\*Products available NSP @ [www.mynsp.com/stevens](http://www.mynsp.com/stevens).**

### **Coming Next Month**

At next month's Healthy Habits class learn how to get your immune defenses in shape this winter. We will discuss natural remedies you can use to get well fast even if you do catch one of those wintertime "bugs." Join us at next month's Healthy Habits Class on **Saturday, January 8<sup>th</sup> at 9:30 am** (please note the new time).

### **Coming Next Year**

#### **Changes for 2011 Healthy Habits Classes**

- New start time of 9:30 am.
- Lower class fee of only \$10/person. Bring a friend ~ Receive a FREE gift.
- Attend any five (5) classes and receive your sixth (6<sup>th</sup>) one FREE.

## **Enchanted Herb Pantry, LLC**

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**FREE Sunshine Sharing subscriptions** are available to active Enchanted Herb Pantry clients. Don't miss out on this valuable information. Annual subscriptions may be purchased for \$15. Please mail payment to: Enchanted Herb Pantry, LLC, Attention: Sunshine Sharing, 97 W Ogden Rd, Loving, NM 88256. Monthly *Enchanted Thymes* issues are available FREE via email. Current and past issues can also be viewed on my website.

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